



Mountain View Elementary Newsletter

February 2020



A Word from Mr. Woodward

Hello Mountain View Families. I'd like to start by thanking everyone who was able to come to our recent awards ceremony on January 14. There were lots of parents and family members here to help our kids celebrate their accomplishments.

We have a lot of events coming up at our school in the next several weeks, so I'm going to focus on letting you know about those things. You will find additional information on many of these items elsewhere in the newsletter.

Events:

- Thursday, February 6 is our annual STEM Family Night. It begins at 5:30 and we hope to see you all there.
- Parent-teacher conferences will be held on February 12 and 13. These will be half-days for our students (dismissal time is 12:30). Teachers will be contacting parents this week to let parents know when their conferences are scheduled. Communication between school and home is very important for the success of our students, so I hope that everyone is able to attend conferences. We have scheduled sibling conferences back to back whenever possible to make it easier for families to attend. **Please remember to visit our book fair in the library.**
- Friday, February 14, is an in-service day and there is no school.
- Monday, February 17 is President's Day and there will be no school. That makes a four-day weekend for our students.
- March 6 is another in-service day and there will be no school.
- Spring break is the week of March 9 through 13.

Invitations:

- February is "Visit our Schools Month." We are offering school tours each Tuesday this month from 9:30 to 10:00 and also at 6:00 on February 25. I hope to see many of our parents and community members during the month of February.

Attendance:

- We are still struggling with below average attendance this year. Please do what you can to get your kids to school every day. Thanks!

Wishing you all a happy and healthy February!

Christopher Woodward, Principal

Important Dates

Thur. Feb 6

5:30 - 7:00

STEM Family Night & Book Fair Preview

Fri, Feb 7 -

Fri, Feb 21st

Book Fair in the Library

Feb 10 - Feb 14

NO 21st Century After School Program

Wed, Feb 12

&

Thur, Feb, 13

Parent/Teacher Meetings half-days

8:50 to 12:30

No Pre-School

Fri, Feb 14

In-Service

No School

Mon, Feb 17

Presidents' Day

No School

Wed. Feb 19

10:30

Talent Show and Parent Workshop

Nurse Notes

School Nurse Tammi Bailey

Happy February! We are almost out of our cold and dark winter! The light is coming back and soon it won't be as cold! However, the cold and flu season continues. Please keep students home if they have a fever, have vomited within 24 hours or are having sloppy coughs and noses.

We are teaching the students to wash their hands frequently and before they eat to avoid spreading colds and flu. This is a good habit for home also.

AND we all need enough sleep to stay healthy through the winter. Here are some tips from The American Academy of Pediatrics about sleep for your children.

Healthy Sleep Habits - Tips from the AAP

The American Academy of Pediatrics (AAP) supports the AASM guidelines and encourages parents to make sure their children develop good sleep habits right from the start.



regularly.

- **Keep to a regular daily routine.** The same waking time, meal times, nap time, and play times will help your child feel secure and comfortable, and help with a smooth bedtime. For young children, it helps to start early with a bedtime routine such as **brush, book, bed**. Make sure the sleep routines you use can be used anywhere, so you can help your child get to sleep wherever you may be.

- **Make sufficient sleep a family priority.** Understand the importance of getting enough sleep and how sleep affects the overall health of you and your children. Remember that **you are a role model** to your child; set a good example. Staying up all night with your teen to edit his or her paper or pulling an all-nighter for work yourself isn't really sending the right message. Making sleep a priority for yourself shows your children that it's part of living a healthy lifestyle—like eating right and exercising



· **Be active during the day.** Make sure your kids have interesting and varied activities during the day, including physical activity and fresh air. See *Energy Out: Daily Physical Activity Recommendations* for more information.



· **Monitor screen time.** The AAP recommends keeping all screens—TVs, computers, laptops, tablets, and phones out of children's bedrooms, especially at night. To prevent sleep disruption, turn off all screens at least 60 minutes/1 hour before bedtime. *Create a Family Media Use Plan* and set boundaries about use before bedtime.

· **Create a sleep-supportive and safe bedroom and home environment.** Dim the lights prior to bedtime and control the temperature in the home. Don't fill up your child's bed with toys. Keep your child's bed a place to sleep, rather than a place to play. One or two things—a favorite doll or bear, a security blanket—are okay and can help *ease separation anxiety*. See *Suitable Sleeping Sites* for more information specifically for babies under 12 months of age.

· **Realize that teens require more sleep, not less.** sleep-wake cycles begin to shift up to two hours later at the start of puberty. At the same time, most high schools require students to get to school earlier and earlier. The AAP has been advocating for middle and high schools to delay the start of class to 8:30 a.m. or later. It is important that parents and local school boards work together to implement high school start times that allow teens to get the healthy sleep they need. See the AAP policy statement, *School Start Times for Adolescents*, for more information.



· **Learn to recognize sleep problems.** The most common sleep problems in children include difficulty falling asleep, nighttime awakenings, *snoring*, stalling and resisting going to bed, *sleep apnea*, and *loud or heavy breathing* while sleeping.

· **Talk to your child's teacher or child care provider about your child's alertness during the day.** Sleep problems may manifest in the daytime, too. A child with not enough, or poor quality sleep may have difficulty paying attention or "zoning out" in school. Let your child's teacher know that you want to be made aware of any reports of your child falling asleep in school, as well as any learning or behavior problems.

· **Talk to your child's pediatrician about sleep.** Discuss your child's sleep habits and problems with your pediatrician, as most sleep problems are easily treated. He or she may ask you to keep a sleep log or have additional suggestions to improve your child's sleep habits.



 *Mountain View Elementary* 
Third Annual
Talent Show



Wednesday, February 19th, 2020, 10:30 AM

Luncheon: After the show, lunch will be provided to all parents who would like to participate in a brief presentation by our fabulous counselor Ms. Tufi-Gho.

Note: All Talent Show participants are welcome to come to practice with Ms. Anna in room 25 before or after school (8:30-9:00 or from 3:00-4:00).

Dress-rehearsal: all participants must attend a dress-rehearsal on **February 18th** from 10:30-11:30 in the music room.

Need help or have questions please contact Ms. Anna at bondarenko_anna@asdk12.org or Mr. Niessner at niessner_eric@asdk12.org

KINDERGARTEN ★ ROUND UP ★

Is your child starting kindergarten in the Anchorage School District in the 2020-21 school year?

Come join us!
Mountain View Elementary
Thursday, April 2, 2020
at 5:45PM

ASD staff will share what to expect as your child begins kindergarten in the fall. Together we will partner to help your child be best prepared to experience early school success. Information will be available on how to help your child at home and how to enroll in kindergarten. Parents/guardians are encouraged to ask questions and take home resources.

A full list of kindergarten round up dates at every ASD elementary school can be found on back of this flier and at www.asdk12.org/parents/kindyrundup.



Visit Our
Schools
Month

Come see what we're doing

During the month of February, we are opening the doors of every school for guided, public tours.

We welcome everyone to join us by visiting our community's schools, whether you have children in ASD or not.

Every Tuesday

Every school

9:30 a.m.

All February

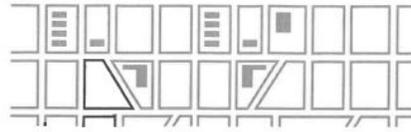
Evening tour at 6 p.m., Tuesday, Feb. 25 only

www.asdk12.org/visit



AnchorageSchoolDistrict @asd_info @DrDeenaBishop

Tell us what your favorite part of your tour was by using the hashtag #MyASDSchoolVisit



READY TO START OR EXPAND YOUR BUSINESS? APPLY TO SET UP SHOP TODAY!

Set Up Shop is a **10-12 WEEK PROGRAM** that provides comprehensive training for new or growing business owners. The class covers marketing, finances, operations, real estate, and more, plus individual support from an experienced trainer! After the class, alumni will have access to continued support, business assistance, and eligibility to apply for microloans. Spring Classes will be held March to May, 2020

APPLICATION DEADLINE: January 1 to February 17, 2020.

Apply at: ANCHORAGELANDTRUST.ORG



2018 Set Up Shop graduates, Ron and Alicia, Owner's of Cali's Smokej BBQ and Souffood.

QUESTIONS?

Contact Camilo at (907) 748-5848 or cortiz@anchoragelandtrust.org



Set Up Shop is powered by Anchorage Community Land Trust

Mountain View STEM NIGHT

Join us for

Science,
Technology, Engineering and
Math activities



Mountain View Elementary School
Thursday, February 6th 5:30-7:00pm

Games and activities!

Pizza and Prizes!!



Counselor's Corner

School Counselor Laura Tufi-Gho

Hello everyone! I hope everyone is staying warm, especially through the cold spells that we have had. Daylight is increasing everyday and before we know it, spring will be here. I continue to work with your students every week in their classes during their SEL (Social and Emotional Learning) lessons and enjoy seeing them each time.

Attendance matters!

For the month of January 2020, only 58% of students at Mountain View had a 90% or higher attendance rate. This is lower than the last few months and is now the lowest attendance rate we've had in 3 years. The good news is that we have a lot of room for improvement! Please let us know if there is anything we can do to help ensure that your child(ren) make it to school. Receiving a good education will help your child(ren) have a successful future and we want to help you achieve that.

61 students had perfect attendance for the month of January! Way to go! They were all entered into a drawing and a winner was selected. The winner received a perfect attendance award, 2 tickets to H2O Oasis Water Park, and their parent(s)/legal guardian(s) will receive a \$100 gift card to Wal-Mart, thanks to Carlile Transportation. February is a new month to be eligible for the perfect attendance drawing. Each month, students have a chance to enter the perfect attendance drawing. Remember, "Nine is Fine, but Eight is Great!"

Parent Workshop!

The talent show will be on February 19th at 10:30am. Following the talent show will be a luncheon for parents including an attendance workshop that I and Meg'n Gall (family engagement coordinator) will be facilitating. I look forward to meeting and talking with our wonderful parents!

Thanks for all you do for your children and our community! If you have any questions, please come see me!

Clark's Transitional Orientation Academy

Clark Middle School

Tuesday, February 25th, 2020

5:30 - Chili Dinner

6:30 - 8:00 - Literacy Fair

For incoming 5th grade students and their families

Student Orientation Camp

Clark Middle School

Monday, August 10th, 2020

8:00am - 2:00pm

For incoming 5th grade students and their families

Congratulations to our Perfect Attendance Winner for the month of January 2020



21ST CENTURY **SPRING BREAK CAMP**

MARCH 9-12, 2020

9AM-3:30PM

LOCATED AT WONDER PARK ELEMENTARY
5101 E. 4TH AVE, ANCHORAGE

Grades 1-3 - Odd Squad Agents, use STEM skills to solve odd problems and strange cases.

Curriculum provided by our generous grant partner, Alaska Public Media.

Grades 4-6 - Explore a range of science topics as students engage together in science inquiry and engineering design supported by media content from Ready Jet Go! Curriculum provided by our generous grant partner, Alaska Public Media.

Meals Provided. Apply online at:

<https://forms.gle/rn1PeQH7V74vfDU8>

Application deadline is February 21st, 2020

21st Century After School Program Corner



After School Program Highlights

APL Field Trip:

The 1st - 5th grade students had a wonderful time at the Alaska Public Lands Information Center field trip on January 22nd. They were divided into two groups. Primary classes started with the scavenger hunt of the state-themed exhibits, including taxidermy, and natural/cultural resources of Alaska.



Intermediate classes watched an educational film depicting the amazing history of Alaska's coolest animals and glaciers. The exhibits were very informational and the live stream of brown bears fishing for salmon at Katmai was entertaining. Groups switched after 25 minutes to experience both activities.



Campbell Creek Science Center Winter Field Trip:

On January 28th, the 2nd - 5th grade students enjoyed being outside in the cold weather exploring nature. They didn't hesitate to stop learning different ways of how animals survive in the winter. Students engaged through listening and hearing sounds of the wind in the forest. They also experienced making animal paws with clay. At the end, they ate s'mores.

Calendar

2/3 - Program is Operating

2/4 - Bitesize Pediatric Dentistry Visit (4-5pm)

2/4 - Kids Don't Float Boating Presentation (4-5pm)

2/6 - STEM Family Night (5:30-7pm)

Reminder

2/10 - 2/13 - NO After School Program (Parent Teacher Conferences)

2/14 - NO School-In Service

2/17 - Holiday: President's Day

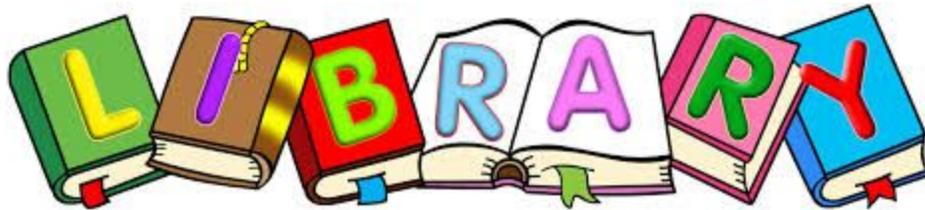
Hours

Monday - Thursday:
3:30-5:30pm

NO PROGRAM on Friday

Pick-Up Time: 5:30pm





Ms. Brittany Hanson, Library Media Specialist

It's Book Fair Time!

Preview Night will be the same as STEM Night, Thursday, February 6th from 5:30-7:00PM. Beginning February 7th to the 21st we will hold our Spring Book Fair at Mountain View Elementary School. Most days the Book Fair will be open during non-instructional times throughout the day 9:15am - 3:15pm. During Parent Teacher Conferences, Wednesday February 12th we will be open 9:15am - 7pm and Thursday February 13th from 9:15am - 4pm.

Proceeds from the Book Fair help to bring in additional materials to the Library. If you are unable to attend the fair but are interested in purchasing books you can visit:

<https://bookfairs.scholastic.com/bf/mountainviewelem>

Scholastic offers free shipping for books only to your home address.

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ACCESS testing for ELL students begins the week of February 3.

All ELL students will be tested on 4 skills: listening, speaking, reading, and writing.

Parents can find more information in the language of their choice here: <https://bit.ly/2uKkE00>

Mrs. Middleton, AEL Teacher

Mountain View Elementary School Business Partners



"Thank you"

A huge **"Thank you"** to our School Business Partners for your continued support of our school and our students!
We are so fortunate to have your support.